Evergreen Health Cooperative: Qualified Indians/Alaskan Natives Coverage Period: 1/1/2014-12/31/2014

Summary of Benefits and Coverage: What this Plan Covers & What it Costs

Coverage for: Single + Family | Plan Type: POS



This is only a summary. If you want more detail about your coverage and costs, you can get the complete terms in the policy or plan agreement at http://www.evergreenmd.org or by calling 1-855-475-0990. Note: The Uniform Glossary can be accessed at: www.cciio.cms.gov.

Important Questions	Answers	Why this Matters:
What is the overall deductible?	Plan Provider \$0 person/\$0 family Non-Plan Provider Not Covered	See the chart starting on page 2 for your costs for services this plan covers.
Are there other deductibles for specific services?	No.	You don't have to meet <u>deductibles</u> for specific services, but see the chart starting on page 2 for other costs for services this plan covers.
Is there an <u>out-of-</u> <u>pocket limit</u> on my expenses?	No.	There's no limit on how much you could pay during a coverage period for your share of the cost of covered services.
What is not included in the out-of-pocket limit?	Not Applicable.	Not applicable because there's no out-of-pocket limit on your expenses.
Is there an overall annual limit on what the plan pays?	No.	The chart starting on page 2 describes any limits on what the plan will pay for specific covered services, such as office visits.
Does this plan use a <u>network</u> of <u>providers</u> ?	Yes, for a list of <u>plan providers</u> , see http://www.evergreenmd.org/reg/network providers.pdf or call 1-855-475-0990.	If you use a <u>plan provider</u> or other health care <u>provider</u> , this plan will pay some or all of the costs of covered services. Be aware, your in-network doctor or hospital may use a <u>non-plan provider</u> for some services. Plans use the term in-network, preferred, or participating for <u>providers</u> in their network. See the chart starting on page 2 for how this plan pays different kinds of <u>providers</u> .
Do I need a referral to see a specialist?	Yes.	This plan will pay some or all of the costs to see a specialist for covered services but only if you have the plan's permission before you see the specialist .
Are there services this plan doesn't cover?	Yes.	Some of the services this plan doesn't cover are listed on page 5. See your policy or plan agreement for additional information about excluded services .

Questions: Call 1-855-475-0990 or visit us at http://www.evergreenmd.org.



- Copayments are fixed dollar amounts (for example, \$15) you pay for covered health care, usually when you receive the service.
- <u>Coinsurance</u> is *your* share of the costs of a covered service, calculated as a percent of the <u>allowed amount</u> for the service. For example, if the plan's <u>allowed amount</u> for an overnight hospital stay is \$1,000, your <u>coinsurance</u> payment of 20% would be \$200. This may change if you haven't met your <u>deductible</u>.
- The amount the plan pays for covered services is based on the <u>allowed amount</u>. If an out-of-network <u>provider</u> charges more than the <u>allowed amount</u>, you may have to pay the difference. For example, if an out-of-network hospital charges \$1,500 for an overnight stay and the <u>allowed amount</u> is \$1,000, you may have to pay the \$500 difference. (This is called <u>balance billing</u>.)

Common Medical Event	Services You May Need	Your Cost If You Use a Plan Provider	Your Cost If You Use a Non-Plan Provider	Limitations & Exceptions	
	Primary care visit to treat an injury or illness	No Charge	Not Covered	[none]	
IC	Specialist visit	No Charge	Not Covered	<u>Preauthorization</u> is required for podiatry services.	
If you visit a health care <u>provider's</u> office or clinic	Other practitioner office visit	No Charge	Not Covered	Acupuncture is not covered. Chiropractic care is limited to 20 visits per condition per benefit year. Preauthorization is required.	
	Preventive care/screening/immunization	No Charge Not Covered		Refer to your plan agreement for limitations.	
If you have a test	Diagnostic test (x-ray, blood work)	No Charge Not Covered		Preauthorization may be required. Refer to your plan agreement.	
	Imaging (CT/PET scans, MRIs)	No Charge	Not Covered	<u>Preauthorization</u> is required.	
If you need drugs to treat your illness or condition More information about prescription drug	Generic drugs	No Charge		Covers up to a 30-day supply (retail prescription); 90 day supply (mail order prescription). Plan provider	
coverage is available at	Preferred brand drugs	No Charge		contraceptives are not subject to a	
http://www.evergreenm d.org/reg/networkprovid	Non-preferred brand drugs	No Charge		copay.	
ers.pdf	Specialty drugs No Charge				

Common Medical Event	Services You May Need	Your Cost If You Use a Plan Provider	Your Cost If You Use a Non-Plan Provider	Limitations & Exceptions
If you have outpatient	Facility fee (e.g., ambulatory surgery center)	No Charge	Not Covered	<u>Preauthorization</u> is required.
surgery	Physician/surgeon fees	No Charge	Not Covered	[none]
If you need immediate	Emergency room services	No Charge	No Charge	Non-emergency use of the emergency room services are not a covered benefit.
medical attention	Emergency medical transportation	No Charge	Not Covered	<u>Preauthorization</u> is required.
	Urgent care	No Charge	Not Covered	Non-plan providers are covered out of the service area.
If you have a hospital	Facility fee (e.g., hospital room)	No Charge	Not Covered	<u>Preauthorization</u> is required.
stay	Physician/surgeon fee	No Charge	Not Covered	[none]
TC 1	Mental/Behavioral health outpatient services	No Charge	Not Covered	Preauthorization may be required. Refer to your plan agreement.
If you have mental health, behavioral health, or substance abuse needs	Mental/Behavioral health inpatient services	No Charge	Not Covered	<u>Preauthorization</u> is required.
	Substance use disorder outpatient services	No Charge	Not Covered	<u>Preauthorization</u> may be required. Refer to your plan agreement.
	Substance use disorder inpatient services	No Charge	Not Covered	<u>Preauthorization</u> is required.
If way and made and	Prenatal and postnatal care	No Charge	Not Covered	[none]
If you are pregnant	Delivery and all inpatient services	No Charge	Not Covered	[none]

Common Medical Event	Services You May Need	Your Cost If You Use a Plan Provider	Your Cost If You Use a Non-Plan Provider	Limitations & Exceptions
	Home health care	No Charge	Not Covered	<u>Preauthorization</u> is required.
If you need help	Rehabilitation services	No Charge	Not Covered	Physical, speech, and occupational therapy are each limited to 30 visits per condition, per benefit year. Cardiac rehabilitation is limited to 90 visits per benefit year. Preauthorization is required.
recovering or have other special health needs	Habilitation services	No Charge	Not Covered	Limited to adults age 19 and over. Physical, speech and occupational therapy are each limited to 30 visits per condition, per benefit year. Preauthorization is required.
	Skilled nursing care	No Charge	Not Covered	Limited to 100 days per benefit year. Preauthorization is required.
	Durable medical equipment	No Charge	Not Covered	[none]
	Hospice service	No Charge	Not Covered	<u>Preauthorization</u> is required.
	Eye exam	No Charge	Not Covered	Limited to 1 exam per benefit year.
If your child needs dental or eye care	Glasses	No Charge	Not Covered	Limited to 1 frame and 1 pair of lenses or 1 pair of contact lenses per benefit year.
	Dental check-up	Not Covered	Not Covered	Dental check-ups are not covered under the <u>plan</u> .

Excluded Services & Other Covered Services:

Services Your Plan Does NOT Cover (This isn't a complete list. Check your policy or plan agreement for other excluded services.)

• Acupuncture

• Long-term Care

Private Duty Nursing

Cosmetic Surgery

Hearing Aids(Adult)

- Most coverage provided outside the United States.
- Routine eye care (Adult)

Dental Care

- Non-emergency care when traveling outside the United States
- Routine foot care
- Weight Loss Programs

Other Covered Services (This isn't a complete list. Check your policy or plan agreement for other covered services and your costs for these services.)

- Bariatric Surgery(Limitations Apply)
- Chiropractic Care

- Habilitative Services(Age 19 and over)
- Infertility Treatment(Limitations Apply)

Your Rights to Continue Coverage:

Federal and State laws may provide protections that allow you to keep this health insurance coverage as long as you pay your **premium**. There are exceptions, however, such as if:

- You commit fraud
- The insurer stops offering services in the State
- You move outside the coverage area

For more information on your rights to continue coverage, contact the insurer at 1-855-475-0990. You may also contact your state insurance department at www.mdinsurance.state.md.us.

Your Grievance and Appeals Rights:

If you have a complaint or are dissatisfied with a denial of coverage for claims under your plan, you may be able to <u>appeal</u> or file a <u>grievance</u>. For questions about your rights, this notice, or assistance, you can contact: <u>www.mdinsurance.state.md.us</u>.

Does this Coverage Provide Minimum Essential Coverage?

The Affordable Care Act requires most people to have health care coverage that qualifies as "minimum essential coverage." **This plan or policy <u>does</u>** <u>provide</u> minimum essential coverage.

Does this Coverage Meet the Minimum Value Standard?

The Affordable Care Act establishes a minimum value standard of benefits of a health plan. The minimum value standard is 60% (actuarial value). **This** health coverage <u>does meet</u> the minimum value standard for the benefits it provides.

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About these Coverage Examples:

These examples show how this plan might cover medical care in given situations. Use these examples to see, in general, how much financial protection a sample patient might get if they are covered under different plans.



This is not a cost estimator.

Don't use these examples to estimate your actual costs under this plan. The actual care you receive will be different from these examples, and the cost of that care will also be different.

See the next page for important information about these examples.

Having a baby

(normal delivery)

- Amount owed to providers: \$7,540
- Plan pays \$7,390
- Patient pays \$150

Sample care costs:

Total

Janipic Gare Gosts.	
Hospital charges (mother)	\$2,700
Routine obstetric care	\$2,100
Hospital charges (baby)	\$900
Anesthesia	\$900
Laboratory tests	\$500
Prescriptions	\$200
Radiology	\$200
Vaccines, other preventive	\$40
Total	\$7,540
Vaccines, other preventive	
	\$0
Deductibles Copays	\$0
Coinsurance	\$0
Limits or exclusions	\$150

Managing type 2 diabetes

(routine maintenance of a well-controlled condition)

- Amount owed to providers: \$5,400
- Plan pays \$5,320
- Patient pays \$80

Sample care costs:

Prescriptions	\$2,900
Medical Equipment and Supplies	\$1,300
Office Visits and Procedures	\$700
Education	\$300
Laboratory tests	\$100
Vaccines, other preventive	\$100
Total	\$5,400

Patient pays:

\$150

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Deductibles	\$0
Copays	\$0
Coinsurance	\$0
Limits or exclusions	\$80
Total	\$80

Questions and answers about the Coverage Examples:

What are some of the assumptions behind the Coverage Examples?

- Costs don't include **premiums**.
- Sample care costs are based on national averages supplied by the U.S.
 Department of Health and Human Services, and aren't specific to a particular geographic area or health plan.
- The patient's condition was not an excluded or preexisting condition.
- All services and treatments started and ended in the same coverage period.
- There are no other medical expenses for any member covered under this plan.
- Out-of-pocket expenses are based only on treating the condition in the example.
- The patient received all care from innetwork <u>providers</u>. If the patient had received care from out-of-network <u>providers</u>, costs would have been higher.

What does a Coverage Example show?

For each treatment situation, the Coverage Example helps you see how <u>deductibles</u>, <u>copayments</u>, and <u>coinsurance</u> can add up. It also helps you see what expenses might be left up to you to pay because the service or treatment isn't covered or payment is limited.

Does the Coverage Example predict my own care needs?

No. Treatments shown are just examples. The care you would receive for this condition could be different based on your doctor's advice, your age, how serious your condition is, and many other factors.

Does the Coverage Example predict my future expenses?

No. Coverage Examples are <u>not</u> cost estimators. You can't use the examples to estimate costs for an actual condition. They are for comparative purposes only. Your own costs will be different depending on the care you receive, the prices your <u>providers</u> charge, and the reimbursement your health plan allows.

Can I use Coverage Examples to compare plans?

Yes. When you look at the Summary of Benefits and Coverage for other plans, you'll find the same Coverage Examples. When you compare plans, check the "Patient Pays" box in each example. The smaller that number, the more coverage the plan provides.

Are there other costs I should consider when comparing plans?

Yes. An important cost is the <u>premium</u> you pay. Generally, the lower your <u>premium</u>, the more you'll pay in out-of-pocket costs, such as <u>copayments</u>, <u>deductibles</u>, and <u>coinsurance</u>. You should also consider contributions to accounts such as health savings accounts (HSAs), flexible spending arrangements (FSAs) or health reimbursement accounts (HRAs) that help you pay out-of-pocket expenses.